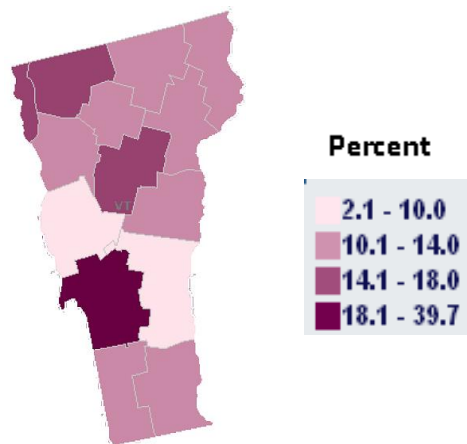


Vermont State Factsheet ⁱ

Prevalence of obesity among low income children ages 2-4, 2006-2008, percent by county ⁱⁱ

Key Points

- Vermont ranked 11th for protective factors against childhood obesity and 33rd for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 12 percent in 1998 to 13 percent in 2008.
- Among adults, the prevalence of obesity did not reach ≥30 in any of 14 counties by 2007.
- 35 percent of adults in Vermont are overweight and 23 percent are obese.
- Vermont will spend over 655 million dollars annually by 2018 on health care costs attributable to obesity.



Sources: Pediatric Nutrition Surveillance System data mapped in the Food Environment Atlas

There are many interacting determinants of childhood obesity. Physical activity and media time are important contributors which may have greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		VT (%)	Nation (%)	Best state(%)	
% of children ages 6-17 who are physically active at least 4 days a week					
overall		72.8	64.3	72.8	VT
by race/ ethnicity	White non-Hispanic	72.7	69	74.7	NC
by household income	0-99% FPL	60.8	53.8	78.6	MN
	400% +	76.3	70.9	77.6	AL
by insurance status	None	55.6	54.5	81.1	HI
	Public	70.7	60	74.3	AK
	Private	75.2	67.6	75.2	VT
% of children ages 6-17 with 2 hours or less or no daily screen time					
overall		87.7	78.1	87.7	VT
by race/ ethnicity	White non-Hispanic	87.1	82.9	96.9	DC
by household income	0-99% FPL	72.9	68.8	82.4	UT
	400% +	90.3	86	92.5	WA
by insurance status	None	87.9	72.4	89.3	UT
	Public	83.1	70.1	86.1	WY
	Private	90.3	82.4	90.3	VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Vermont.pdf>. It contains other data, including the obesity prevalence for all children

ii. Obesity defined as Body Mass Index (BMI) at or above the 95th percentile.

iii. For rankings, 1st is best and 50th is worst. Rankings are based on cumulative percents from 2007 National Survey of Children's Health. Protective factors = % reporting positive social skills + % always engaging in school + % in families which eat meals together every day. Neighborhood environment = % living in supportive neighborhoods + % in neighborhoods with no detracting elements (litter, graffiti, etc.) + % living in neighborhoods with parks, recreation centers and sidewalks

Parent physical activity is a strong predictor of the activity of their children

% OF PARENTS PHYSICALLY ACTIVE, 4 or more days/ week		VT (%)	Nation (%)	Best state(%)
Mother		42.9	32.9	42.9 VT
Father		53	44.9	57.6 HI

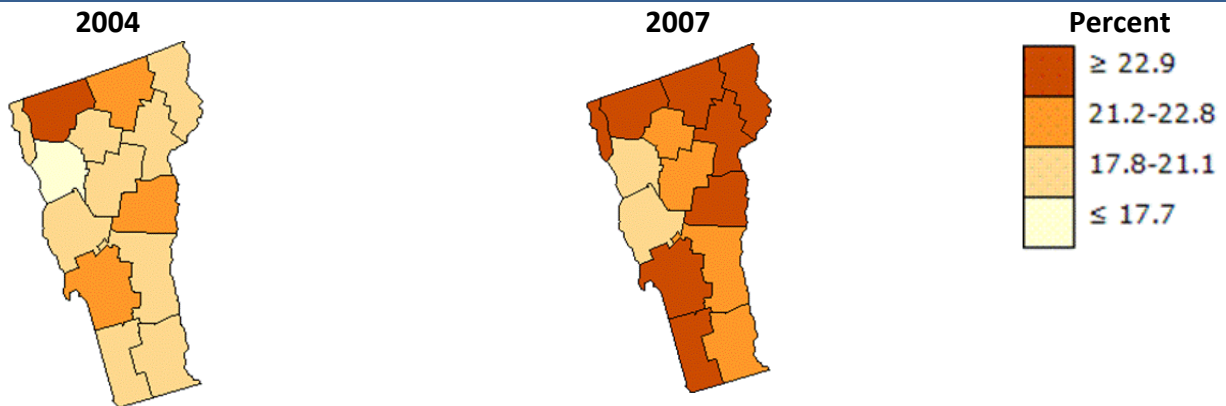
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		VT (%)	Nation (%)	Best state(%)
% of children living in supportive neighborhoods				
overall		91.1	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	91.1	88.8	94.7 UT
	Hispanic	90.6	76.1	90.6 VT
by household income	0-99% FPL	73.9	70.7	89.2 UT
	400% +	94	91.1	98 UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter				
overall		67.5	71.4	78 MA
by race/ ethnicity	White non-Hispanic	67.6	75.6	81.9 CT
by household income	0-99% FPL	53	57.4	72.9 CO
	400% +	78.3	83.2	90.5 FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks				
overall		54.4	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	54.2	62.6	95.2 DC
by household income	0-99% FPL	52.4	57.6	88.2 MA
	400% +	63.7	73.4	92.4 DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	VT (%)	Nation (%)	Best state(%)
Positive social skills	93.6	93.6	97.1 MN
Usually or always engages in school	77.2	80.5	86 MA
Involved in at-least one after-school activity	88.3	80.7	90.5 MN
Family eats meals together every day	49.3	45.8	54.2 ID

AGE-ADJUSTED ESTIMATES OF THE PERCENT OF ADULTS WHO ARE OBESE IN VERMONT



Data from Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://www.cdc.gov/diabetes/statistics/index.htm>.

COST OF ADULT OBESITY IN VERMONT, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
141	151	266	655

Source: 2000 data are from Finkelstein, et al: "State-level estimates of annual medical expenditures attributable to obesity". 2008 - 2018 projected estimates are from Thorpe: "The Future Costs of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses"